



OCTOBER 2018 MENU

SURPRISE SENIOR CENTER



PLEASE be seated by 11:55am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Soup of the Day Roast Pork Roasted Yams Peas Fresh Fruit Cup	Mixed Salad Rosemary Beef Mashed Red Potatoes Green Beans Sliced Pears	Soup of the Day Apple Balsamic Pork Risotto Cauliflower Tropical Fruit Mix Alternative: Large Chef Salad - or - Deli Sandwich	Mixed Salad Roast Chicken Rice Pilaf Brussel Sprouts Fresh Fruit	Soup of the Day Baked Fish w/ Lemon Potato au Gratin Sautéed Squash Apricots Alternative: Large Chef Salad - or - Deli Sandwich
8	9	10	11	12
Happy Columbus Day! Pizza Luncheon	Mixed Salad Pork Marsala Linguine Pasta Cauliflower Cantaloupe	Soup of the Day Garden Quiche Broccoli Mixed Fresh Fruit Alternative: Large Chef Salad - or - Deli Sandwich	Mixed Salad Cabbage Roll Mashed Red Potatoes Mixed Vegetables Fruit Cup	Member Appreciation BBQ Hamburgers Hot Dogs Chips Dessert Beverages
15	16	17	18	19
Octoberfest! Beer Bratwurst Apple Sauerkraut German Potato Salad Broccoli Fruit Cup	Mixed Salad Orange Chicken Brown Rice Oriental Vegetables Egg Rolls Lime Gelatin w/Pears	Soup of the Day Pork Loin w/ Mustard Sauce Mashed Potatoes Carrots Fresh Fruit Alternative: Large Chef Salad - or - Deli Sandwich	Mixed Salad Roast Turkey Wild Rice Cauliflower Seasoned Spinach Fresh Fruit	Soup of the Day Parm Crusted Fish Mac N Cheese Stewed Tomatoes Broccoli Tropical Fruit Alternative: Large Chef Salad - or - Deli Sandwich
22	23	24	25	26
Soup of the Day Baked Pork Chop Baked Potato Peppers & Onions Fruit Medley	Mixed Salad Beef Stroganoff Pasta Peas & Carrots Pears	Soup of the Day Chicken Curry Rice Mixed Vegetables Fresh Fruit Cup Alternative: Large Chef Salad - or - Deli Sandwich	Mixed Salad Beef Stew Cabbage Mixed Vegetables Apricots	Soup of the Day Tilapia w/ Brown Sauce Couscous Butternut Squash Sliced Peaches Alternative: Large Chef Salad - or - Deli Sandwich
29	30	31		
Soup of the Day Swedish Meatballs Wax Beans Brussel Sprouts Fresh Fruit	Mixed Salad Chicken Cordon Bleu Rice Green Beans Pineapple Chunks	Soup of the Day Garden Quiche Broccoli & Carrots Mixed Fresh Fruit Alternative: Large Chef Salad - or - Deli Sandwich	To reserve your lunch, please call by 12 noon <u>TWO</u> business days before your selected day, same for cancelations 623-222-1500	All meals are served with 2% milk Meals provided by Banner Olive Branch Menu is subject to change without notice. Lunches provided by Banner Olive Branch